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gourmet

THE MAGAZINE CHEFS LOVE TO READ
volume 12, issue 1

SALON RULES

Full listing of the rules and regulations for the upcoming Salon Culinaire in Dubai

SIAL COVERAGE

Complete round-up of the winning chefs and more from La Cuisine by SIAL and Alen Thong Trophy last month

UNBREAKABLE

HILLARY JOSEPH, WINNER OF THE BEST GASTRONOMIST TROPHY AT LA CUISINE BY SIAL IN ABU DHABI LAST MONTH, HAS PROVEN THAT HARD WORK IS ALL TAKES TO TRIUMPH OVER ADVERSITIES

PASTRY POWER

Aravinda Leelarathna, a 2016 culinary Olympics medal winner for the UAE, is our Pastry Chef of the month



GO ORIENTAL

Intercontinental Osaka Chefs Tobias Gensheimer and Hiroaki Nagaishi are heading to Qatar



COMPETITION

Four chefs from UAE and Qatar take up our Nestle Professional Golden Chef Hat challenge





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Dear fellow chefs, ladies and gentlemen,

Welcome to our first issue of Gulf Gourmet in 2017. I hope you all had a great start to the new year as we look forward to amazing health and success stories for everyone this year.

Our last event for 2016 was La Cuisine by SIAL in Abu Dhabi. It was the best and biggest we have had in the capital city thus far. Add to it, the introduction of the Alen Thong Trophy, which saw nine young chef national teams doing an amazing job. Can't wait for the second edition in 2018.

I must thank Jean Cook and the entire SIAL team for the great support we have received. I look forward to many more events and years of working together.

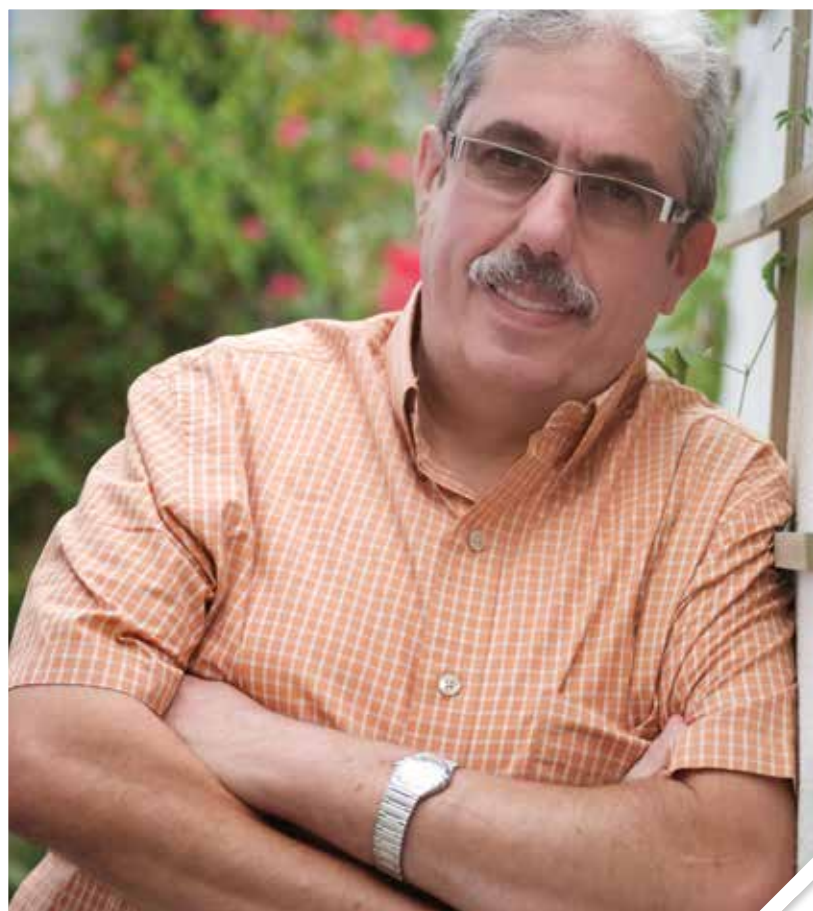
Compliments also go to our Abu Dhabi – Emirates Culinary Guild team led by chefs Alan Pedge, Peter De Kauwe and Raghu Pillai for a great job done. Thank you to our international jury, and all the competitors for the hard work, and congratulations on their achievements.

No event is ever complete without our partners. Thank you to USPEEC, our main partner. Thank you to US Dairy, MLA, Barakat, Nestle, Egg Station, Ronai, Boody's, Lowe, Manitowoc and all those who supported us.

You will find in this edition, all the rules and regulations for all our 29 classes to be held at the International Salon Culinaire 2017. Yes, we now have 29 Classes with two new additions brought to us by Toni Kaisser and Unilever Food Solutions. Do look at these new classes.

We will be in the same location where we have been these past 3 years. The registration is open and the live classes are filling especially fast. Make sure you register now.

Remember, to win a medal is great, but not the most important. What is important is that you learn from it, in your



preparation and from the jury feedback. Ensure you have done your best and that you are happy with your work. If you do not win this time, I am sure you will get better next time. All the best.

If you missed previous issues of Gulf Gourmet, please visit gulfgourmet.net for the back issues.

I urge all members to check out the Guild website to know what's happening on the calendar at emiratesculinaryguild.net. Do visit WACS Young Chefs page on facebook.com/wacsyoungchefs and encourage your young chefs to join and stay in contact with over 4,000 chefs across the globe.

Please do not miss the company profiles of our corporate members. We really do appreciate your support. Also, do look at the Friends of the Guild pages to know who our supporters are.

A final thank you to Eric Meloche and his team at the Ritz Carlton for hosting the December meeting.

Culinary Regards,

Uwe Micheel
President, Emirates Culinary Guild
Director of Kitchens
Radisson Blu Hotel Deira Creek

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editor'snote

email editor@gulfgourmet.net



When you meet Hillary Joseph, you see a man whom life hasn't dealt the best of hands. However, the tough, tenacious, and unbreakable spirit in Hillary Quentos Anthony Joseph triumphed over all odds to the clinch the Best Gastronomist trophy at La Cuisine by SIAL Middle East 2016 in Abu Dhabi last month. It shows that all you need is will power and support from family and colleagues, and the world is yours. Read the amazing story of this Sri-Lankan boiler room operator's son who used his creative passion to bowl over an elite panel of international judges.

Also in this issue are interviews with chefs from Qatar, Saudi, and a couple from as far away as Japan, talking about their career journeys. We even have a Culinary Olympics winner in our Pastry Power section. All of them come from not so well to do backgrounds and have had to struggle and face hardships before getting to the top. You will find a common thread in all their tales. It is one of determination and perseverance. Do read through them for inspiration

This issue is a great one for culinary competitors in the UAE. We have the complete list of rules and regulations for Salon Culinaire at Gulfood as well as all the images and stories from Abu Dhabi including La Cuisine by SIAL Middle East, Alen Thong Golden Coffee Pot Challenge for junior national teams, and the VIP dinner for chefs in Abu Dhabi.

Finally, as the 'Official Chef Magazine' at Gulfood, we at Gulf Gourmet will continue to focus on informing, educating and promoting young chefs and highlighting their achievements. Our endeavour is to further enhance and maintain the highest global culinary standards in the UAE. And to that effect if you have any ideas on how we could better support our chefs, feel free to send us an email.

Until next time, enjoy the read and keep cooking with passion.

Aquin George
Managing Editor

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friends of the guild



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newsbites

60 years on the job

An 81-year-old chef at Disneyland in California celebrated his 60th work anniversary last month. According to thestar.com, Oscar Martinez came to work at Disneyland as a busboy less than a year after the park's opening in 1955. His skill at making breakfast potatoes first got him noticed. They're included on the menu at the Carnation cafe as part of "Oscar's Choice," which is named in his honour.

Martinez's longevity has made him a Disneyland character of sorts. The station says he spends less time in the kitchen and more time greeting fans. Martinez says he has no plans to hang up his chef hat. He says he doesn't want to talk about retirement, "because it's way off."

Atlantis, The Palm hires two senior chefs

Atlantis, The Palm has a new Executive Chef in Cedric Darthial and a new Chef de Cuisine, Raymond Wong for the Seafire Steakhouse & Bar. Darthial and Wong both hail from extensive culinary backgrounds featuring notable Michelin star and prestigious restaurants.



Darthial's role as Executive Chef will see him oversee a team of 480 staff and the resort's 23 food and beverage outlets. He has previously worked in Dubai heading up the kitchen La Baie at The Ritz Carlton, and Fire and Ice at Raffles Dubai where he led a team of 13 chefs. He has also worked at the Mandarin Oriental, Kuala Lumpur, The Peninsula Bangkok and lastly City of Dreams, Manila. During his time at City of Dreams, Cedric managed a team of 400 as well as restaurants including Nobu and The Tasting Room.

To get your chef or company related news featured in this section, email editor@gulfgourmet.net

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Record number of UAE operators set to showcase trending international food concepts at Gulfood 2017

Latest industry research reveals growing demand for new and innovative F&B products

The UAE's food and beverage market is continuing its evolution as an international food and beverage capital thanks to forward-thinking operators looking to maximise their stake in a market expected to be worth a whopping AED82 billion by 2020, according to Euromonitor International.

Now a record number of local F&B businesses are preparing to capitalise on the growing appetite for quirky and inspired global produce by launching their cutting edge international product lines at Gulfood 2017, the 22nd edition

of the world's largest food and hospitality show which runs from 26 February to 2 March 2017 at the Dubai World Trade Centre (DWTC).

400 Emirates based F&B companies will be in attendance at the world's largest annual food event, making it the highest number ever from within the UAE. Record numbers of these are also set to introduce novel ranges of new world fare that aligns with the buying requirements of international visitors seeking the latest trending food concepts.

Euromonitor's growth figures underpin

additional findings by F&B advisory firm KPMG, who describe the UAE's "limitless investment appetite" thanks to its highly diverse, growing and relatively young population characterised by experimental tastes and preferences.

As part of their latest 'Hungry For More?' report, KPMG's Partner and Head of Retail in the Lower Gulf Anuraj Bajpai describes the latest formulas for F&B success in the region;

"Innovation, whether in terms of menu enhancements or new ways of understanding consumer preferences



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Discover our drinks based on vegetable ingredients such as almond unsweetened, coconut, coconut almond or oat. Each with their own unique taste that is deliciously creamy and surprisingly fresh. You can enjoy it on its own or use it in shakes, smoothies and food preparations.



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is a differentiator. The wide array of formats, concepts and cuisines offered in the UAE mirrors its varied demographics. We understand the attraction of bringing something completely new to the market."

Yet while long term market indicators remain positive, Bajpai is keen to point out the associated challenges. "Operators need to understand and predict customer behaviour – which can be challenging. There is merit in developing concepts that already have wider acceptance and appeal."

In line with these sentiments, forthcoming Gulfood exhibitors are preparing to go under the spotlight with adventurous yet established product lines that have already proved popular in other parts of the world.

Forthcoming UAE exhibitors Acme Foodstuff Trading will be showcasing their wide range of exotic spices, seeds and herbs hailing from various parts of the globe including Russia, Ukraine, Vietnam, India and Moldova.

Yet it is there unique brand of Turkish delight that is capturing the imagination of retailers, chefs and other foodies thanks to its authentic presentation style. At Gulfood 2017 this much loved confectionery will be served up 'shawarma style' from a vertical rotisserie that is reminiscent of traditional Turkish food markets.

Reem al Ghussain, Marketing Executive at Acme Foodstuff explains; "While the products are well-known in Turkey, there are few competitors here in the UAE. We plan to leverage Gulfood to create awareness of our new sub-brand Turkishdelights.com, as well as maintaining loyalty and attracting perceived customers for our trading business.

The food and beverage market here is consistently growing and expanding, and consumers are constantly looking for



Innovation, whether in terms of menu enhancements or new ways of understanding consumer preferences is a differentiator. The wide array of formats, concepts and cuisines offered in the UAE mirrors its varied demographics

new innovative foods. We are sampling in an innovative way because we need to grab attention."

Similarly, The Emirates' Booba Coffee Shop LLC will be spring-boarding a variety of Asian-led products into the region where they are seeking further exposure. In particular, the company will be utilizing the Gulfood platform to highlight their unique line of Bubble tea, believing novelty and creativity will give them a competitive edge in the market.

Kirill Kossinski, Managing Director, Booba Coffee Shop LLC explains; "We will serve up a typical Taiwanese beverage derived from Jasmine Green Tea or Black Assam Tea that is flavoured and top with edible juice balls and jellies that are slurped through a straw. We plan to increase our portfolio within this region and launch retail locations at prime projects."

Having first launched on the Asian food scene back in the 1980's, this iced, sweet, flavoursome tea is currently one to watch on drinks menus throughout the United States. Having secured its position as an east-meets-west fusion trend, the UAE's well-travelled

consumers are thought to represent ideal market demographics to support the resurgence of this distinctive beverage concept.

"There is no doubt that innovative food ideas and concepts will evolve over the coming years in the UAE. Being somehow different and special in taste, look, and service was always a vital factor for Dubai's food industry. That is now spreading."

Commenting on the latest positive market indicators alongside the growth of the event, Trixie LohMirmand, Senior Vice President, Exhibitions & Events Management, DWTC explains; "Recent research is demonstrating that the UAE market remains resilient and there are strong fundamentals for long-term optimism in the F&B sector. Innovation is coming into its' own and the Gulfood exhibitor profile is awash with new and exciting concepts which are gradually transforming the end-user experience. This all holds out enormous opportunity for operators and suppliers who are looking to leverage the concepts and products within their own businesses and geographic footprints."

Gulfood 2017 will span more than 1 million square feet of exhibition space allocated to 5000 international exhibitors, including more than 1,000 new-to-show food and beverage producers bringing something innovative to the table. Segmented into eight of the largest commodity trading markets in separate halls, the event welcomes first-time participants Malta, Finland, Slovakia, Somalia & Azerbaijan amongst more than 120 represented countries.

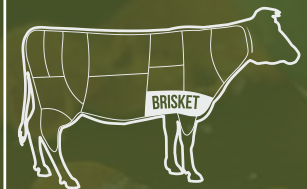
Gulfood 2017 is a trade event open strictly to business and trade visitors. The show is open 11am-7pm from February 26 to March 1 2017 and 11am-5pm on March 2 2017. Visitors can pre-register at www.gulfood.com to save AED150 on the on-site entry fee of AED350.

MAKE THE MOST OUT **OF YOUR** BRISKET

Australian beef brisket is a fantastic, full flavoured cut that lends itself to many international cuisines and cooking styles. Its relative low cost and versatility make it a popular ingredient in global cooking, and one that's often undervalued in favour of premium loin cuts. From the star of the barbecue, 'smoked' over wood or charcoal or cooked with aromatic rubs and marinades over a low heat until tender – no matter the cooking technique – the result is melt-in-the-mouth tender beef.



BRISKET



Point End Brisket

The point end brisket is essentially the pectoral muscles from the chest/brisket area between the front legs. Being a well exercised muscle, the point end has a high degree of connective tissue and is best suited to slow wet cooking methods such as braising and casseroles. This beef cut is perfect for shredding as it literally pulls apart when cooked.



Navel End Brisket

The navel end brisket is prepared from a brisket by the removal of the point end and following the caudal edge of the specified rib. The navel end of the brisket is the end under middle side. This cut is ideal for curing, braising and slow cooking.

Top Tip

Look for brisket that has some marbling and a deep red meat colour and leave a thin layer of fat on the top of the muscle to keep it moist and juicy during cooking. For a point of difference try Australian grainfed beef. To achieve a sticky flame-grilled barbecue flavour, slow cook the brisket in a rub or marinade over a low heat for several hours, basting with your favourite barbecue sauce.



Texas Chopped brisket burger
Scan barcode to view this recipe.



January 2017 **Gulf Gourmet**

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Ramada RISING

The boys from Ramada Abu Dhabi are the first competitors for Season 5 of the Nestle Professional Golden Chef Hat Award UAE

Both the chefs in this competition were born and raised in the same part of the world, are of the same age, and came to the UAE together to be part of the Ramada hotel in Abu Dhabi under the leadership of Executive Chef Rajesh

Devadas. Here are their stories and their competition recipes:

CHEF DEEPAK JOSEPH

This 25-year-old Commis II working hard in the hot kitchens of Ramada Abu Dhabi left his country for the

first time around 30 months ago, to be part of the hotel. Born and raised in Kerala's Athirampuzha area, Chef Deepak moved to Mangalore city in the adjacent state to complete his Bachelor's degree in Hospitality Science from Karavali College.





Chef Deepak Joseph

He returned to his home state to work as a trainee in the Chinese kitchen of a property in Angamaly, followed by a year at a resort in Kottayam city, before landing his current role in Abu Dhabi. "My cousin is a chef and that's how I initially got interested in this field," he says. His fusion meal consisting of coconut rice, lamb loin, and teriyaki sauce is something he's proud of and has included Nestle Products such as mashed potato, demi-glace and coconut powder. His ultimate career goal is to become a

good chef, and he says he would love to work hard enough to be an executive chef in a decade or so.

CHEF TINS THOMAS

From the hotel's bakery and confectionary department is also a 25-year-old Malayalee, who like Deepak has spent over two and half years at Ramada Abu Dhabi. Says Chef Tins, "I just happened to choose to study in hospitality management as cooking was an ambition for me. Following my high school studies in Kanjirappally,



Chef Tins Thomas

Kerala, I joined the Windsor School of Hotel Management in Kottayam city to complete my professional course in the field of cooking."

After studies, he joined The Woods Manor Hotel in Ernakulam city as a trainee and was soon inducted into their work force as a full time staff in their pastry kitchen. Three years later, he found his first job overseas with Ramada Abu Dhabi. For this competition, he says he especially loved working with Docello chocolate mousse.



Pistachio crusted lamb loin with green peas and potato puree, coconut rice, glazed vegetables and Balsamic herb jus

LAMB LOIN

Lamb loin	800 gms
Pistachio Powder	100gms
Butter	150gms
Sea Salt	20gms
Pepper	25gms
Dijon Mustard	50gms
Thyme	2 sprigs
Rosemary	1 sprig
Nestle Maggi seasoning	15ml

PUREE

Green peas	200gms
Nestle Mashed potato powder	100 gms

Nestle cream	100ml
Salt	10gms
White pepper	5gms
Butter	40gms

VEGETABLES

Carrot	100gms
Beetroot	100gms
Yellow zucchini	100gms
Green zucchini	100gms
Butter	30gms
Salt	10gms

SAUCE

Nestle chef Demi glaze powder	80gms
Nestle Maggi seasoning	15ml
Onion	50mg
Thyme	2 sprigs
Rosemary	2 sprigs
Butter	50gms
Balsamic vinegar	50ml

GARNISH

Micro herbs	
Sumak Powder	

Method

- ♦ Marinate the lamb loin with chopped herbs, salt, pepper, mustard, butter and let it rest for 2 hours. Sear the loin and cook in slow oven (115degree c) for 15 minutes and let it rest for 5 minutes in the oven.
- ♦ Roll on the pistachio powder.
- ♦ Blanch the green peas and blend. Make mashed potato using the potato powder as per the instruction.
- ♦ Mix the green peas puree, butter, cream. Add salt and pepper and check the consistency.
- ♦ Cut the vegetables in 1 cm cube. Melt butter and glaze the vegetable. Season
- ♦ Mix demi-glaze powder and water in a bowl. In a pan add butter and sweat the onion. Add herbs and the demi-glaze mix and reduce. Add the balsamic vinegar and the Maggi seasoning. Add soft butter and strain.
- ♦ Plate the dish as in the picture.



Docello chocolate mousse and Trio of panacotta and cremebrulle with raspberry and mango coulis and kit Kat crumbles and Dulce de leche

CHOCOLATE MOUSSE

Nestle Docello mousse powder	100gms
Milk	200ml
Sugar	25gms
Nestle cream	1 tin

TRIO OF PANACOTTA AND CRÈME BRÛLÉ

Docello Panacotta powder	100gm
Docello Crème Brûlée powder	100gms
Milk	400ml

Nestle cream	2 tin
Pistachio essence	
Raspberry essence	
Vanilla essence	
Coco powder	25gms

DULCE DE LECHE

Condensed milk	1 tin
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GARNISH

Chocolate	
Raspberry	
Blue berry	
Black berry	
Red currant	
Nestle Kit Kat Crumbles	

Method

- ◆ Boil milk and add cream and the mousse powder. Mix well and pour in the moulds. Chill in the fridge.
- ◆ Portion as in picture.

- ◆ In a long butter paper with 1 inch width pour the melted chocolate with a piping bag in lines. Place the butter paper around the mousse and let it cool. Remove the butter paper and garnish with gold dust.
- ◆ Place the condensed milk in boiling water for 2 hours. Cool and pour it in top of the mousse.
- ◆ Boil milk and mix the panacotta powder. Separate in 3 bowls. Mix the different essence. Pour in different flat moulds.
- ◆ Boil milk and cream, add the crème Brûlée powder. Mix well. Pour in a flat mould and set in the chiller.
- ◆ Layer the panacotta sandwiched with the crème brûlée.
- ◆ Cut a triangle and arrange in a plate with the chocolate mousse and garnish with Kit Kat crumbles, chocolate garnish, berries and the raspberry and mango coulis.

January 2017 **Gulf Gourmet**

Japanese cuisine to take over Qatar Masters

Intercontinental Osaka's Executive Chef **Tobias Gensheimer** and his Executive Sous Chef **Hiroaki Nagaishi** will cook some of their delicious signature dishes at the 20th Commercial Bank Qatar Masters golf tour

Commercial Bank Qatar Masters – the annual European Tour golf event that is celebrating its 20th year – will be taking place from January 26-29 at the Doha Golf Club.

Like last year, the event will see live cooking by two well established chefs in the hospitality suites at the tournament. Coming on board this year is Executive Chef Tobias Geinsheimer from Intercontinental Osaka and his Executive Sous Chef Hiroaki Nagaishi, to cater the private suite and winner's enclosure hospitality.

Tobias and Hiroaki will cook some of their delicious signature dishes that fuses modern French cooking techniques focusing on mainly using the freshest Japanese seasonal ingredients.

We spoke to the two and here are excerpts from the interviews

Tobias Gensheimer

Executive Chef Tobias Gensheimer, Born in Wiesbaden, Germany, is well on his way towards the peak of gastronomic excellence. Chef Tobias has had the privilege of cooking for Thai royalty, several presidents and sports stars like Pele, Maradona, Yao Ming and Roger Federer.

He has also collaborated with many leading and world famous Chefs in



Tobias Gensheimer

culinary events; they include Alain Passard, Jean-Michel Lorain, Michel Trama, Joachim Wissler and Eric Pras.

Could you tell us a bit about your childhood?

I grew up in a small village south west of Germany. My dad at the time held a position in senior management at a paper factory and my mom was a stay at home mom taking care of my older brother and me. We never had anyone in my family working as a chef, however my mom did cook fresh meals for us every day using only the best of fresh produce from local farmers. And that is something I still ensure to have in my cooking.

How did the profession find you?

Even as a little kid I helped my family prepare meals and always felt comfortable in the kitchen. It was clear from an early start that I had a talent for cooking so after finishing school I did a three-year apprenticeship in one of the best kitchens in our region the Relais & Châteaux Hotel Deidesheimer Hof holding 1* Michelin. Even though it was challenging at the beginning I was always drawn to quality food and interesting creations. During my apprenticeship I got the chance to cook for celebrities, like

former German chancellor Helmut Kohl and the King of Spain Juan Carlos.

Tell us a bit about your career journey to becoming an executive chef.

During my time in Germany and working in 1* and 2* Michelin restaurants I had the chance to work with two chefs that were my mentors and they helped shape my career. One of them was very creative and loved creating the most unique food combinations. The second chef owned his own business and was very down to earth. He took the time to teach me the basics of the business and how to focus on using quality produce from the region to create great food. I took the best of

both experiences to heart and started my journey in Asia when I was 23-years-old.

I started off by working as a chef in a French restaurant in Bangkok. This was the restaurant where I had the pleasure of experiencing the world of catering for the royal family of Thailand. Next stop was Manila where I worked at the Peninsula Hotel's signature restaurant Old Manila. I then was called on to open a hotel in Beijing in preparation of the Olympic Games 2008, a chance not to be missed given the great opportunity to cook for head of states, sport stars and celebrities.

In 2009 I moved on to the prestigious Hong Kong Jockey Club where I did several guest chef promotions with 3* chefs like Eric Pras, Alain Passard, Joachim Wissler and Jean Michel Lorain. After three and a half years in Hong Kong I was offered to open the Intercontinental Hotel in Osaka as Executive Chef, a wonderful opportunity given the rich food culture in Japan. It has been an extraordinary journey so far that helped me to develop my own style and philosophy of cuisine.

Could you tell us a bit about your biggest challenge and an instance of a major highlight in your career?

One of the biggest challenges is being away from family and childhood friends. There are so many beautiful memories along the way but if I must pick one it would be catering for the royal family of Thailand.



How different is it managing celebrities in your line of work?

We are trained to be perfectionists and to always deliver the best quality food. The main challenge when cooking for celebrities are the last-minute changes which demands you to be flexible and creative with problem-solving.

What does your current role entail?

Currently running the whole F&B department at the Intercontinental Osaka in Japan, leading 2 restaurants (Pierre 1* Michelin and a brasserie called Noka), 2 bars and lounges and 1 café plus banquet facilities catering for up to 400 guests. I oversee daily operation and menu/concept creations

What are the pros and cons of being an Executive Chef?

Being a chef means I have the privilege of touching the lives of so many people I come into contact with through my food creations. I was also able travel the world, get to know many people, work with different cultures and work along world famous chefs. It is our responsibility as leaders to develop young talent and inspire them to achieve great things. To see young people grow and develop in my team gives me the utmost pleasure.



What is your advice to young chefs?

Work with passion and love what you do. Put your heart into your work and stay humble. It will not always be easy but once we challenge our comfort zones success will be result.

Tell us about your involvement in the Commercial Bank Qatar Masters.

I am thrilled to be taking part in the live cooking session in hospitality with the support of my Executive Sous Chef Hiroaki and the InterContinental Doha, Executive Chef Talal Aridi at the Commercial Bank Qatar Masters for the first time, and its 20th edition no less.

We are going to introduce a new style of

modern European cuisine to Commercial Bank Qatar Masters, where the fusion of flavour between Japanese and French cuisines come together to mesmerize your senses.

Hiroaki Nagaishi

Chef Nagaishi is a well-seasoned chef with experience ranging from French, all day dining, banquet, and Japanese cuisine. Chef Nagaishi expresses the importance of using best quality, seasonal and local produce whilst still respecting the traditional cooking methods and techniques.

Tell us about your younger years...

I grew up in a small town in Japan called Himeji City, Hygo prefecture. Growing up I remember my dad worked at the fish market where he cooked and prepared delicious seafood and sold it to supermarkets. My mom stayed home and took care of my brother and me.

How did the profession find you?

I was in love with pasta when I was a student and that led me to start cooking all sorts of pasta dishes for my friends and family. I was good at it and kept getting better. when I look back at how my passion for cooking started this is what springs to mind because right after high school I went on to work in an Italian restaurant at the age of 18.

During my career I studied many different techniques like Italian, French and



Japanese in order to be able to appeal to as many discerning diners as possible.

How has your career journey been this far?

At my first job I worked for four years and then moved to a place that catered exclusively to weddings of 350 people and more. From working in an Italian restaurant, I moved to the city of Osaka and started working in a trepan restaurant to study more Japanese traditional dishes.

I then started my journey in the hotel industry where I worked in the Westin Hotel Osaka, in Osaka Japan at a Mediterranean fine dining restaurant. I was so keen to experience working in different cuisines because I felt like it added a lot of breadth to my knowledge and portfolio. Looking back, I feel like all my diverse experiences has helped shape the chef I am today.

What has been your biggest challenge?

I love a challenge! So, I would say the biggest step I took was joining the team of the newly opened InterContinental Hotel Osaka. Being part of that gave me a wonderful sense of achievement especially with its success.

And an instance of a highlight in your career?

I have several highlights in my career but the most memorable one was when I won Employee of the Year in 2015 and got the unique opportunity to do cross-exposure at the InterContinental Hong Kong.

What are the similarities and differences between the French and Japanese cuisines?

The essence of the two cuisines are very different. They each have their distinct flavours and style which I love. The French cuisine boasts diversity in its ingredients and dishes, whereas, the Japanese cuisine is a lot milder where you don't find one ingredient overpowering other elements of the dish.

Which one would you pick over the other?



Hiroaki Nagaishi

Japanese cuisine! I am biased of course because I've lived most of my life in Japan and grew up sampling a wide array of dishes and their variations.

What does your current role entail?

Currently, I work at the InterContinental Hotel Osaka and my position is Executive Sous Chef where I run two restaurants, two bars and lounges, a café and all the catering for banquets hosted in the hotel.

The hotel offers a French restaurant, Pierre, and a brasserie called Noka. The bar, Adee, has signature cocktails and an impressive wine list. The lobby lounge also serves fresh pastries at its patisserie.

What is your advice to young chefs?

Dream big and believe that everything is possible!

Tell us about your family?

My dad and mom are both retired and enjoying quality time together. My brother is also in the food industry and sells traditional Japanese sweets. I try to go back and catch up with my family whenever I can.

Tell us about your involvement in the Commercial Bank Qatar Maters.

I am looking forward to the live cooking session supporting my Executive Chef Gensheimer and the InterContinental Doha chefs as well. The fusion of French and Japanese tastes will take you by surprise.

GUTS AND GLORY

Aravinda Leelarathna had always dreamed of being an army officer in a uniform adorned with medals. He may not be a military man today but his uniform has more medals than you can imagine. The winner of a silver medal at last year's Culinary Olympics in Germany tells Gulf Gourmet how he made lemonade from the lemons life handed him...

He made a fine armyman. But he makes a finer candyman. Meet Aravinda Leelarathna. The pastry chef at Al Jawaher Reception and Convention Centre is much younger than those he competes with. And yet, he walked off with a silver medal at the prestigious Culinary Olympics in Erfurt, Germany four months ago, beating out rivals from across the world with better training and many more years of experience.

To those who know Chef Aravinda, it doesn't come as a surprise. When he puts his mind to something, the Sri Lankan chef pulls out all the stops to achieve it. It could be his army training, or just tenacity inherited from his parents. What's even more remarkable is that Chef Aravinda had never even set out for a culinary journey. It just happened. And how!

"I became a chef by accident," laughs the 30-year-old. "When I was in school, all I dreamed of was being an army officer." Chef Aravinda even realised that dream – in 2000, he enlisted as a cadet, much to the displeasure of his parents and even his girlfriend. In the five years that followed, there were military conflicts and "bodies were piling up". "My girlfriend, who is now my wife, insisted



I became a chef by accident. When I was in school, all I dreamed of was being an army officer

that I leave the army because she was scared mine would be next in that pile." After much coaxing, Chef Aravinda gave in reluctantly. "I lost my goal and felt like a drifter."

This lack of direction weighed on Chef Aravinda even after he accepted an offer of a job from a friend. "He was into insurance marketing and I joined him. It was a good experience and I did it for three years. But I still lacked a goal." The company was the biggest life insurer in Sri Lanka. Business was good and Chef Aravinda made a tidy sum in commissions and salary.

That is why, when his wife's brother – a pastry chef in Dubai – asked him to consider moving to the UAE, his answer

was a clear 'no'. "I was satisfied in Sri Lanka but sometime later, the insurer I worked for had a crisis and business started weakening," Chef Aravinda saw his commissions dry up. When it became difficult to make ends meet, his wife approached her brother for help again. A week later, Chef Aravinda had a job at pastry kitchen of the Le Meridien Airport Hotel in Dubai. "Everything happened so fast. Within a couple of weeks, I flew there."

The first day was not easy. Asked by the head chef to make a banana cake with six kilos of the fruit, Chef Aravinda did it. But it did not turn out the way the head chef wanted. "She asked me to make it again. Then it was rejected again. Turns out I was weighing six kilos with the peel!" he laughs at the memory. The initial fiasco aside, the experience turned out to be a good one. Always a disciplined person, Chef Aravinda spent extra time after his shift ended to hone his cooking skills. Sometimes, he would remain in the kitchen until 4 AM. "I received valuable lessons from my peers too. One of the chefs took a course to learn cake and decoration and then he taught me how to do them." From wedding cakes to sugar flowers and showpieces, Chef Aravinda lapped up skill after skill at the hotel.

In 2011, he moved on to join Intercontinental Hotel in Dubai Festival City as chef de partie. More than a year later, an opportunity took Chef Aravinda to Abu Dhabi Royal Catering, a five-star catering company. "I joined as the junior sous pastry chef and then was promoted to pastry sous chef a year later." After a couple of years at Abu Dhabi Royal Catering, Chef Aravinda moved to his current employer Al Jawaher Reception and Convention Centre. "I have been here right from the pre-opening stage. I learnt so much here, getting training for chocolate and praline, then a trip to Malaysia."

The efforts paid off. Chef Aravinda not only made it to the Culinary Olympics 2016 but also won a medal there for plated dessert and petit fours. "I had set a timeline of 2020 to participate in Culinary Olympics. But I achieved it in 2016 itself. It was a dream come true." The win wasn't just his alone. Chef Aravinda doesn't forget to share the accolades with his wife Dilini Subodha. "She's also a chef and she's very understanding. She usually tastes my dishes, offers me feedback on design and presentation. It's her good sense of aesthetics that I have acquired. Wherever I am today is because of her."

It's the sheer will to learn that Chef Aravinda thinks drives his team. "The management also supports us with whatever we need. They've never said no to anything we wanted. It's like being a part of a big, happy family. I must thank Mrs. Hanan Mohamed Al Mahmoud (Director of Al Jawaher Reception & Convention Centre), Rami Abdou Al Jebraiel, my Executive Chef and the Head of Culinary Affairs, Chandana Dilruk former pastry chef at Kempinski Ajman and Dammika Herath, Pastry Chef at Radisson Blu Hotel Deira for playing key roles in shaping my career."

Talking about family, Chef Aravinda's brother has recently moved from Colombo to Dubai, starting just where he did – Le Meridien. "Let's see how that goes. He is in good hands."



As far as his own goals go, Chef Aravinda hopes to be an executive pastry chef someday. He believes that goals are important. "This is what I tell newbies in the profession too – set both professional and personal goals. Only then will you get

somewhere." Finding a balance between professional and personal lives is also important. "Set a strong foundation when you are just starting out. Then you can enjoy a better work-life balance going forward," he finishes.

WHITE FEATHER

CARROT & ORANGE JELLY

Carrot Juice	125ml
Orange Juice	125ml
Sugar	40g
Ager Ager	3g
Gelatin	3g

Method



- ◆ Boill the Orange & carrot juice with sugar
- ◆ Add Ager sugar & Gelatin

GLUTEN FREE CHOCOLATE CAKE

Egg white	91g
Egg Yolk	260g
Sugar	430g
Coco powder	117g

Method

- ◆ Beet egg white and sugar
- ◆ Fold the egg yolk
- ◆ Mix coco powder
- ◆ 200c 10-12min

CHOCOLATE BROWNIES

Butter	100g
Honey	15g
Dark chocolate	71g
Almond powder	40g
Flour	30g
Icing sugar	70g
Egg white	5g
Nuts	50g

Method



- ◆ Make merange with egg white & icing sugar
- ◆ Melt Butter, Chocolate & Honey
- ◆ Mix mirenge & Melted Chocolate
- ◆ Mix Flour and almond powder
- ◆ 150C 40min



YUZU CRÈME

Yuzu puree	70g
Sugar	80g
Egg	80g
Butter	20g
Gelatin	05g

Method



- ◆ Boill the sugar and puree
- ◆ Add egg and cook until 85C
- ◆ Remove from faire and add butter and gelatin

MILK CHOCOLAT MOUSSE CILINDER

Egg yark	387g
sugar	190g

Milk chocolate	210g
Whipping crème	400g
Gelatin	15g

Method

- ♦ Make the sabayon with the boil sugar and yolk
- ♦ Mix sabayon and milk chocolate
- ♦ Then add the whipped cream
- ♦ At last mix the melted gelatin

VANILLA CREAM

Milk	500ml
Cream	500ml
Egg Yolk	12pce
Sugar	200g
Gelatin	27g

Whipped Cream	500g
Vanilla pod	2pce

Method

- ♦ Boil Cream and milk with vanilla been
- ♦ Mix egg yolk and suger together and mix with boild cream
- ♦ Cook untill 85C and remove from the fire.
- ♦ Mix gelatin and keep untill 30C
- ♦ Mix with Whipped cream

BLOOD ORANGE WITH RASPBERRY SORBET

Raspberry Puree	250ml
Blood Orange Puree	250ml
Sugar	135g
Glucose	50g
Water	120g
Stabilizer	4g

Method

- ♦ Boil the puree, sugar, glucose and water
- ♦ Add stabilizer and cook well
- ♦ Put in to the paco jet contanier and keep in the freezer in -24C
- ♦ When its become frozen put in to the paco jet machine and blend



IRON MAN

Tough, tenacious, unbreakable, **Hillary Quentos Anthony Joseph** – the winner of Best Chef at SIAL Middle East 2016 – is all this and much more. Not one to let adversity come in the way, this Sri Lankan-born chef de partie of **Radisson Blu Hotel Dubai Deira Creek** is determined to get where he wants to go...



For many, success is just about being at the right place at the right time. For some others, it's overcoming the odds and putting in years of toil.

You can safely slot Hillary Joseph in the second category. Instead of blaming destiny for his humble beginnings in Sri Lanka, he embraced the positive attitude he inherited from his parents and reached out for the sky. He may not be there yet but Chef Hillary is well on his way. The chef de partie at Radisson Blu Hotel in Dubai is quite the proverbial ant.

His childhood dream was rather different. Being the son of a boiler operator, Chef Hillary hoped to follow in his father's footsteps someday. "But my father hoped I would be more ambitious," laughs the 38-year-old chef. With nine paternal uncles to pick a role model from, Chef Hillary chose one who had been working in Dubai as a chief steward. "He'd been in Dubai for 15 years and he pointed me to a job interview in the housekeeping section of a hotel in Colombo."

Hospitality always held some fascination for Chef Hillary. A maternal uncle



I have to get proper training in cost management and also kitchen planning. These are very important for anyone who wants to get into a management position

was a pastry chef in Oman. Photos of professional kitchens, the men in white and recipe books painted a pretty picture of the industry. With hopes of a new beginning, Chef Hillary went for the interview. Unfortunately, luck was not on his side that day. "I waited for five hours there to be called in for an interview. After such a long wait, a lady came out and told me all vacancies had been filled and she had no more jobs on offer. I was disappointed."

Dejection turned into elation later, when his uncle's friend – a chief steward at

Holiday Inn, Colombo – reached out. There was an opening for a kitchen steward and would Chef Hillary be interested? The answer was no surprise. "I was barely 19 at the time and loved the idea of working in a kitchen. All the magazines and recipe books promised so much. Although I was a good student and into athletics in school, my father could not afford to educate all of us. I had to get a job to support my family financially."

Ignoring his uncle's warnings about the challenges of working in hospitality, Chef Hillary took the plunge. "I began as a kitchen helper. From washing pots to cleaning and running errands for chefs, there was little that I did not do," he recalls. Chef Hillary did not mind the work but every single day, he yearned for the white uniform. "As a kitchen steward, my uniform was blue. To me, the white uniform was a goal and a dream." The dream took its time to realise. After six months as a helper, Chef Hillary graduated to chopping vegetables, taking inventory and doing a lot more. "My shift would begin at 7 AM but I would come in at 6 AM to keep everything ready for the chefs. There was much chopping to be done – ginger, garlic, tomatoes, vegetables. I was a part of the Indian kitchen and that kind of cooking is elaborate."

Inch by inch, Chef Hillary climbed the ladder – kitchen helper, commis 3 and then commis 1. When he was made demi chef, his joy knew no bounds. It was six to seven years of hard work at Holiday Inn that finally began paying off. Having learnt all he could at the Holiday Inn, Chef Hillary started searching for another training ground.

Cinnamon Grand Hotel in Sri Lanka turned out to be just that. "I was asked by this chef I knew to come down for an interview. It was raining heavily that day and when I reached, he was surprised that I did not postpone it. He was impressed that I was so keen on the job." Asked how soon he could begin





on the job, Chef Hillary's simple answer was - "Tomorrow". The 'tomorrow' marked a three-year stint where the young chef learnt how to work in a huge operation. "There were 500 rooms and 60 outlets with 250 kitchen staff."

Nine years after joining the hospitality industry, Chef Hillary got his big break in 2010. At the age of around 27, he joined Media Rotana in Dubai. The culinary hub was not entirely alien to Chef Hillary. His sister's husband was working here at the time. The job lasted less than a year, with Dubai International Hotel being the next stop. "The hotel was at the airport and I joined the seafood restaurant. I worked there for a couple of years and subsequently moved on to Ajman Saray Luxury Collection Resort." During his time in Dubai International Hotel, Chef Hillary made his culinary competition debut. "It began with a gold and a silver medal. And I further polished those skills at Radisson Blu."

Last month, Chef Hillary won the best gastronomist title at SIAL in Abu Dhabi. To win this title he had to win the gold medal and best in class for five-course gourmet dinner menu, a



My parents always taught me to absorb the good qualities of others and ignore the bad. It's something I hold dear even today

silver for the live practical beef and a bronze for the fish.

"For the five-course meal, the main course was seafood, the hot appetiser was Australian lamb and the cold appetiser was duck. The soup was cream of asparagus. It turned out to be a winning combo." Chef Hillary's medal count now stands at an impressive 15.

Yet, he's hungry for more. Chef Hillary nurses the ambition of donning the executive chef's hat someday. But he acknowledges that there's much he needs to learn before that day comes.

Half-baked attempts are not this culinary's style. "I have to get proper training in cost management and also kitchen planning. These are very important for anyone who wants to get into a management position."

Never one to take the wrong route to success, Chef Hillary's humble demeanour has won him a lot of fans. From colleagues and superiors to family members and friends, everyone wants to see him succeed. "My wife, Nishanti, is very supportive. She tries out my recipes and gives me feedback. As far as training is concerned, Chef Diyan, Chef David and Chef Rahil have always gone out of their way to train me. Even Chef Uwe Micheel tastes the dishes and offers precise instructions before I go for competitions. They are the reason I won this competition. I couldn't have achieved what I did if it wasn't for all this support."

The secret, Chef Hillary believes, is a good attitude. "My parents always taught me to absorb the good qualities of others and ignore the bad. It's something I hold dear even today." What he also holds dear, is family. His sister is a housewife and her husband now works for Carnival cruises. His brother is a tea taster, completing the food and beverage cycle in the household. Chef Hillary and his wife have been together for more than ten years, three as a married couple. "I wanted my siblings to get married first before I settled down so that we could manage the costs properly." A true family man, Chef Hillary takes his responsibilities seriously.

What does Chef Hillary, the foodie, like when it comes to teasing his own palate? "My mother's cooking. I love spices and I love Sri Lankan food. Even when I worked in Colombo, I would head home for lunch, where plates of warm dishes would be waiting for me. There's nothing like a mother's cooking."

Some of this love has also trickled into his dishes. Try them. You will become a believer.





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Bring it on!

The young chefs from Intercontinental Doha - The City are the first competitors for Season 2 of the Nestle Professional Golden Chef Hat Competition Qatar

Two young chefs in their mid-20s and in their first overseas job. Both are thankful to Nestle Professional for creating the perfect competition launch pad for their career future. Have they made the most of the opportunity provided to them? Read on to find out:

Chef Surya Mahat

Chef Surya is a dynamic, well-articulated

24-year-old from Nepal, who got the offer to work internationally at the Intercontinental Doha - The City Hotel, as a fresh culinary graduate. This was three years back. "Most of my family is in the army but that wasn't for me. I am a self-motivated individual who grew up on Gordon Rasmay's shows. Initially, I wanted to be in F&B service and that's why I joined the Academy of Culinary Art and Hospitality Management in

Lagankhel. However, somewhere along the line I had a change of heart," he says.

He believes the chef community in their white jackets are the second most disciplined force after the armed forces, and perhaps that is what drew him to the profession. He even talks like an army man. He says, "One must have passion and intensity in this field or s/he should not cook. I have trained myself



**Chef Surya Mahat**

and have learnt from my seniors. They have guided and motivated me, and it is through them I learn about new trends. I thank my senior chefs in this hotel for their support."

Chef Surya's future agenda is to prove that Nepalese cuisine can work in the international market. "My seniors in school had researched locally originated food from the country's interiors and I want that cuisine and culture to be preserved for future generations. I see myself owning my

own culinary outlet in Nepal promoting my cuisine someday."

Chef Milinda Liyanage

Sri Lanka-born Chef Milinda is a 26-year-old Commis I, working in the pastry kitchen of the InterContinental Doha. "This is my first multinational competition and I'm happy my senior chefs had the confidence in my abilities," he says, standing next to a beautifully crafted pastry dish.

Like his competition partner, Chef

**Chef Milinda Liyanage**

Milinda too has no immediate family in the culinary field. He says he completed a course in cooking from the Sri Lanka Institute of Tourism & Hotel Management simply because "when I came out of school, there was a good hospitality school nearby."

Chef Milinda's plan for his career is to someday be an Executive Pastry Chef. "I have been lucky thus far to have a great team of senior chefs supporting me and I can only thank them for being great mentors to me," he says.

SURF AND TURF

Ingredients

Shrimps (10-12)	4 pieces
Beef tenderloin	400 grams
Olive Oil	30 ml
Salt & Pepper	

FINE MUSHROOM SAUCE

Nestle Butter	40 grams
Fine mushrooms	20 grams
Nestle Beef Stock	200 ml
Nestle Cream	50 ml
Nestle Demi glaze powder	120 gm
Salt & Pepper	

SAFFRON MASHED POTATO

Nestle Powder Potato	240 Grams
Nestle Cream	60 ml
Butter	50 grams
Salt & Pepper, Nutmeg	01 Grams
Saffron	

BEEF STOCK CRISP

All purpose Flour	20 grams
Nestle beef Stock	120 ml
Oil	60 ml

COCONUT AND LIME DROPS

Nestle coconut milk powder	200 gram
Agar Agar	4 gram
Corn oil	100 gram
Lime juice	75 ml
Salt & Pepper	

BRAISED VEGETABLES

Carrot	40 grams
Zucchini	40 grams
Asparagus	40 grams
Green beans	10 grams
Shiso cress	8 grams
Butter	15 grams
Braising liquid	
Salt & Pepper	

Method

- ◆ **Prawns and beef tenderloin;** Season prawns ,with Sea salt pepper and olive oil. Store in Chiller.
- ◆ **Crisp Garnish.** Mix in a bowl flour, nestle beef stock and oil. Whisk until nicely smooth. No lumps. Cover and set aside.
- ◆ **Braised vegetables.** Preheat oven 180

degree Celsius. Scope all the vegetables . In a saucepan melt butter. Add shallots until transparent soft. Add bouquet vegetables Toss in the pan. Season with salt and pepper and nestle chicken stock powder bring simmer . Stir until become thick in consistency. Check the flavour. Place baking food pan pour the braising liquid and add the scope vegetable in it let it to be cook in slow . Place into the oven for 6 minutes. Remove from oven once done and set aside.

- ◆ **Fine mushroom Sauce.** Melt butter in a saucepan. Add shallots until transparent soft, mushrooms . Add nestle beef stock . Simmer until half then add demi glaze powder . Season with salt and pepper. Add butter . Set aside.
- ◆ **Saffron Mashed Potatoes.** Heat Cream with thyme , saffron until reduce half. Add butter. Pour Nestle Mashed

Potato Powder. Whisk until creamy in consistency. Season. Set aside.

- ◆ **Coconut and lime drops.** Placed in bowl Nestle coconut milk powder , water ,agar agra and lime juice . Mix the remaining ingredients. Bring to boil 73 c-78c , than drop by drop in cold oil , than strain and keep the coconut and lime drops
- ◆ **Crisp Garnish.** Put in a non-stick pan over medium heat, a scoop of the crisp garnish dough. Cook until its get crisp . Remove from the pan and place over a kitchen napkin to strain excess oil.
- ◆ **Cook Prawns and Beef tenderloin.** Add butter and oil to the pan on high heat. Once fat begins to smoke, gently add the Prawns , Sear the Prawns for 2 minutes on each side. Make sure that it has golden crust on each side. Grill the beef tenderloin in griddle pan as medium done and season it again.





Coffee and Saffron Panna Cotta

Ingredients

Nestle Panna Cotta	75 grams
Nestle Coffee powder	70 grams
Saffron	1 grams
Milk	250 ml
Cream	250 ml

Method

- ◆ Boil the milk and cream and divide the mix into two.
- ◆ In one half Add the coffee powder mix saffron in the second mix.
- ◆ Pour the mixture into the Nestle panna Cotta Ready Mix
- ◆ Whisk until to obtain a smooth mixture.
- ◆ Pour it in the tray and set it in the chiller. Then place the coffee panna cotta on top of the saffron panna cotta set again cut in cubes.

CHILLI CHOCOLATE AND THYME MOUSSE

Ingredients

Nestle Chocolate Mousse	65 grams
Nestle Milk	130 ml
Gelatine	1 leaf
Chilli flakes	3 grams
Thyme Fresh	2 grams

Spray

Dark Chocolate	50 grams
Cocoa Butter	50 grams
Red Food Colour	4 grams

Method

- ◆ Soak the gelatine in cold water.
- ◆ Place the Nestle Chocolate Mousse in

the mixing bowl.

- ◆ Pour the Nestle Milk in a pan along with thyme and infuse the chilli for overnight.
- ◆ Pour the mix in to the Nestle chocolate mix.
- ◆ Mix it for two minutes in low speed and 5 minutes in high speed
- ◆ Melt the gelatine over bain marie and add into the mousse mixture.
- ◆ Make a desire shape and set in the freezer.

DULCHE MICROWAVE SPONGE

Ingredients

Egg white	13 grams
Flour	2 grams
oil	2.5 ml
Nestle Condensed Milk (Dulche de Leche)	15 grams
Egg yolk	8 grams
Sugar	8 grams
Baking Powder	pinch
Cream Nestle	5 ml
Salt	to taste

Method

- ◆ Mix the yolk and sugar in a bowl and keep aside.
- ◆ Mix all the dry ingredients together.
- ◆ In a bowl, place the egg white and oil and Nestle Condensed Milk.
- ◆ Add the dry ingredients into the bowl.
- ◆ Mix well and add the egg yolk and sugar.
- ◆ Emulsify the mix without lumps.
- ◆ Strain and place it in the syphon gun
- ◆ Used one charger and microwave the mix for 1 minute

ALMOND COCONUT CRUMBLE

Ingredients

Nestle Coconut Milk Powder	25 grams
Butter	40 grams
Flour	40 grams
Almond Powder	40 grams
Sugar	40 grams

Method

- ◆ Place all the ingredients in a bowl and mix slightly
- ◆ Do not over mix to avoid the crumble to get harder
- ◆ Place in the silicon mat and bake it at 180 degree centigrade 12 minutes

CRÈME BRULÉ

Ingredients

Nestle Crème Brule Mix	25 grams
Nestle Milk	100 grams
Cream	50 grams

Method

- ◆ Warm the Milk and cream.
- ◆ Place the Crème Brule mix in a bowl and the milk and cream mix well

COCONUT SAUCE

Ingredients

Nestle Coconut Milk Powder	35 grams
Coconut Milk	40 ml
Cream	40 ml
Liquid Glucose	4 grams

Method

- ◆ Place the coconut milk and cream in a pan along with glucose and warm it up
- ◆ Gradually add the Nestle Coconut Milk Powder and cool it in chiller.

TASTE OF NAPLES

Chef **Fabio Vitale**, Executive Chef at La Cucina restaurant in Al Faisaliah Hotel, tells us how he got to his current role and why he loves showcasing his unique culinary style to fine diners in Riyadh

Born and raised in Naples, Italy, Chef Fabio Vitale terms his upbringing as "beautiful and serene". He grew up near the farmlands with his parents and elder brother. His bonding with relatives was strong too as his grandparents, uncles, cousins and several members of his extended family lived close by.

"Having lived in such a large family made lunch time quite animated, especially on Sundays. I still remember the smell of freshly baked bread made by my grandmother. My father farmed the land in his spare time, and I often helped him. That was my first contact with nature and the gifts of the earth," says Chef Fabio.

As someone who's always had a passion for cooking, Fabio decided that studying to become a chef was the right way forward. "I graduated from high school with a degree in hospitality and restaurant management, and was fortunate to begin my professional journey under the guidance of Michelin-star chefs, such as Alain Dutournier and Antonio Sciullo," he says.

His first job as chef was in 2002 and the going wasn't easy. "I was very excited to be a team leader, with none of the experience skills I possess today, and obviously made mistakes. Fortunately, I loved the stress and pressure. It was a difficult time, but I was passionate and ambitious to work towards my goal."

As a young chef he won the third place at the culinary competition Ferretti Premium and at the start of his culinary journey he took on several seasonal

employment opportunities at various restaurants in Italy and Germany. "My first official employment was as Chef de Partie Saucier in France, and soon after I went back home to Italy and travelled from city to city to learn their local specialities, broaden my horizons, and basically gain extensive knowledge about authentic Italian cooking."

Rome, Milano, Positano, Teatro, he went all around Italy and worked with Executive Chefs who helped sharpen his culinary skills. In 2006, he became Executive Chef at Grand Hotel de la Minerve, Rome, and held that title for four years before moving to Russia, and then finally Al Faisaliah Hotel, Riyadh.

Ask him about the important elements that make for a successful culinary leader and he says, "You need to learn the fundamentals of cooking, receive hands-on training as well as formal culinary training by experienced and awarded chefs to gain knowledge and management skills. Combine it all together with experience, natural talent, passion and an irrational love for cooking and you will be a successful Executive Chef."

The journey so far has been a mix of highs and lows with more highs. "I have so many special moments in my career that I could think of. Every time a guest is overwhelmed with satisfaction when trying my cooking it makes me proud. Then there are guests that ask for recipes because they enjoy a dish. I have cooked meals for well-known personalities, including a prince who asked me to prepare a very special bitter orange marmalade a few months ago.

So, what does his current role entail? "As Executive Chef, I report to the General Manager of the daily operations of La Cucina. I work with a staff of 18, and together we make an excellent team. My daily duties include organisation, preparation and quality of all kitchen services, the creation of the daily menu, any seasonal promotions, special evenings, and private dining.

We aim to offer personalised services, as is an Al Faisaliah Hotel trademark, and provide guests with memorable dining experiences. I also handle the banqueting services, food cost calculation, inventory, cost control, food supply, time management, scheduling, training and team development as per HACCP standards."

Working in Riyadh has been a great experience for Chef Fabio. Riyadh is centrally located on the world map so it is easy to travel from here to most destinations. You encounter people from all around the world and make friends easily, enjoy family life, enjoy a culture untouched by tourism, employment benefits are very generous, and you can experience luxurious international luxury hotels," he says.

As a parting advice to young chefs, Chef Fabio says, "Never give up and don't let anyone bring you down. If you have a goal in mind, work towards it with dedication and eventually you will achieve it. Food is not rocket science, it is an art and the more you enjoy this art the more beautiful creations you can make. So, work towards your goal but also enjoy the journey."



I still remember the smell of freshly baked bread made by my grandmother. My father farmed the land in his spare time, and I often helped him. That was my first contact with nature and the gifts of the earth

January 2017 **Gulf Gourmet**

December Guild meet at the Ritz Carlton

Last month's Guild meeting was hosted by Eric Meloche and his team at the Ritz Carlton Hotel in Dubai. The meeting saw senior and junior chefs come together to discuss the success of 2016. The Emirates Culinary Guild held more workshops, organized more competitions with larger number of chefs and brought home 51 medals from the culinary Olympics in 2016. The chefs also discussed the next steps including the 2017 Salon Culinaire to be held in Dubai during Gufood. Corporate members were given the opportunity to showcase their latest products and network with decision makers at the event. The evening also saw the celebration of Guild President Chef Uwe's birthday. Here are images from the event.



Abu Dhabi Diaries

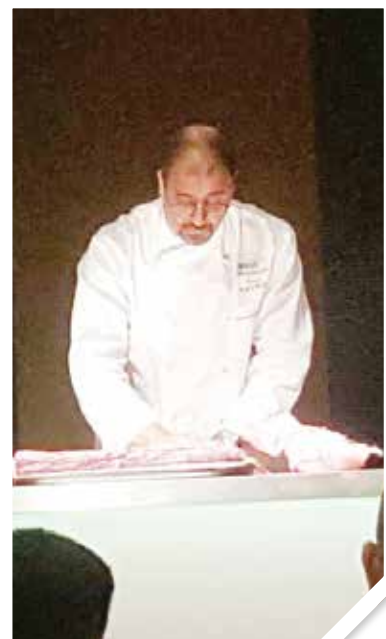
MLA-ECG meat workshop at The Club

Meat and Livestock Australia and the Emirates Culinary Guild organised a meat workshop at The Club Abu Dhabi with Masterchef Tarek Ibrahim and supported by Chef Peter de Kauwe.

The event began with a classroom session detailing preview of the cuts of Australian Beef and Lamb; focusing more on lesser cuts and the best way to cook and utilise them. This was followed by a practical demonstration of cutting the meat, and later, a barbecue lunch wherein the same meat was cooked and tasted.

A large delegation of senior chefs attended this event including members of the young chefs club from Fujairah; Dubai; Al Ain and Ras al Khaimah.

"I am so surprised by the turnout of chefs; especially the young cooks, who were very enthusiastic throughout the program. And I want to convey my special thanks to the Abu Dhabi chapter of the Emirates Culinary Guild, who were very active in organising such a program," said Chef Tarek Ibrahim.



January 2017 **Gulf Gourmet**

Aspic workshop with UAE national culinary team captain

The Emirates Culinary Guild along with the Young Chefs Club organised a detailed class on Aspic work for competitions. Held at the Royal Rose Hotel Abu Dhabi, the class was conducted by Chef Don Thushan; captain of the UAE national team.

The event was attended by more than 40 chefs eager to learn the art of Aspic and Gelatin work for competitions: the recipes and techniques involved including the variation in the temperatures. Chef Thushan also shared his experience at various international competitions and had a motivational session with the young chefs on how challenging yourselves in competitions adds to the creativity of chefs and their growth in the industry.

"Usually we find it difficult to participate in static class in competitions as we always lose points in aspic work; this training has helped us in improving our skills and we hope to do well in static classes in upcoming competitions," said a young chef competitor.





Guild Abu Dhabi chapter meeting at Royal Rose

The Abu Dhabi chapter of the Emirates Culinary Guild held their meeting at the Royal Rose hotel in the capital city on November 28. Hosted by Chef Vanglis Boulis and his team, the main topics discussed at the meeting included La Cuisine by Sial Abu Dhabi and the Alan Thong Golden Coffee Pot Challenge. The event also saw the awarding of certificates to the chapter's new senior members



Chef Raghu judges HACE 2016 in Cairo

Chef Raghu Prasad Pillai was invited to judge the HACE 2016 competition held at the Cairo Exhibition Centre in Egypt recently. He used the opportunity to liaise with the young chefs association of Egypt as well as conduct an interactive session and a cooking demonstration.

Chef Raghu said, "The enthusiasm of the young chefs in Egypt is so addictive. All through the session there were many youngsters asking questions and sharing thoughts - they wanted to know about everything from WorldChefs to our young chefs' club. Though many of them had to resort to translators to communicate, it did not slow down the flow of questions. It was a great experience."



SIAL SUCCESS

We bring you the winners, masterpieces and memories captured at the recently concluded La Cuisine Du Sial 2016, held in Abu Dhabi. This year's competition saw over 300 participants compete for glory...



Sr.	Awards	Live Class Entry	Hotel / Country	Competitor	Type	Award
1	Winner- Food Safety	Arabic Mezzeh	Radisson Blu Deira Creek	Rabeh Adel Amer	Certificate plus 30% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) & 50% HACCP Level 3 training valid till March 2017 course only	Trophy
2	Winner- Food Safety	Fish/ Seafood Class	Emirates Flight Catering	Charidu Tharaka Gushingnawadu	Certificate plus 30% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) & 50% HACCP Level 3 training valid till March 2017 course only	Trophy
3	Winner- Food Safety	Beef Class	Emirates Palace AD	Mohamad Shahbaz	Certificate plus 30% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) & 50% HACCP Level 3 training valid till March 2017 course only	Trophy
4	Winner- Food Safety	Chicken	Grand Hyatt Capital AD	Aiarbek Mometov	Certificate plus 30% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) & 50% HACCP Level 3 training valid till March 2017 course only	Trophy
5	Winner- Food Safety	USA Cheese	Miramar Al Aqah Beach Resort Fuj	Chaminda Bandara	Certificate plus 30% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) & 50% HACCP Level 3 training valid till March 2017 course only	Trophy
6	Winner- Food Safety	Emirati Cuisine	Emirates Flight Catering	Ahmed Mohamed Galagel	Certificate plus 30% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) & 50% HACCP Level 3 training valid till March 2017 course only	Trophy
7	Winner- Food Safety		Germany Team		Certificate plus 30% discount on ISO 22000:2005 Internal Auditor Course (Int'l Certificate) & 50% HACCP Level 3 training valid till March 2017 course only	Trophy



Sr.	Awards	Hotel / Country	Competitor	Live Class Entry	Type
8	Winner - Best Effort by a Corporation - La Cuisine Du Sial 2016	Radisson Group	Radisson Blu Deira Creek & Radisson Blu Yas Island		
9	Winner - Best Effort by an Individual Establishment - La Cuisine Du Sial 2016	Emirates Flight Catering			
10	Winner - Etihad Meal Class - Thomas Ulherr, Jeremy Clark & Werner Kimmeringer	Emirates Flight Catering	Naushad Mohammed		Etihad Economy return ticket to home country
11	Best Arabian Cuisiner - La Cuisine Du Sial 2016	Radisson Blu Deira Creek	Rabeh Adel Amer		Trophy
12	Best Pastry Chef - La Cuisine Du Sial 2016	Al Jawaher Reception & Convention Centre	Roice Anthony		Trophy
13	Best Kitchen Artist - La Cuisine Du Sial 2016	Gloria Hotel Dubai	Samantha Kumara K.M.U.G		Trophy
14	Best Cuisinier - Second Runner-up La Cuisine Du Sial 2016	Madinat Jumeirah C&I	Munna Ghosh		Trophy
15	Best Cuisinier - First Runner-up La Cuisine Du Sial 2016	Bateaux Dubai	Momen Ezzat		Trophy
16	Best Cuisinier - Winner La Cuisine Du Sial 2016	Radisson Blu Deira Creek	Hillary Quentos Anthony Joseph		Trophy
Alen Thong Young Chefs Golden Coffee Pot Challenge by USAPEEC - La Cuisine Du Sial 2016 Trophy					
17	Winner - Alen Thong Young Chefs Golden Coffee Pot Challenge by USAPEEC - La Cuisine Du Sial 2016	Singapore			Trophy
18	1st Runner-up - Alen Thong Young Chefs Golden Coffee Pot Challenge by USAPEEC - La Cuisine Du Sial 2016	Hong Kong			Trophy
19	2nd Runner-up - Alen Thong Young Chefs Golden Coffee Pot Challenge by USAPEEC - La Cuisine Du Sial 2016	UAE			Trophy
20	Winner - The Most Promising Young Chef of the Year 2016	Namibia	Annelise van der Merwe		Trophy

January 2017 **Gulf Gourmet**



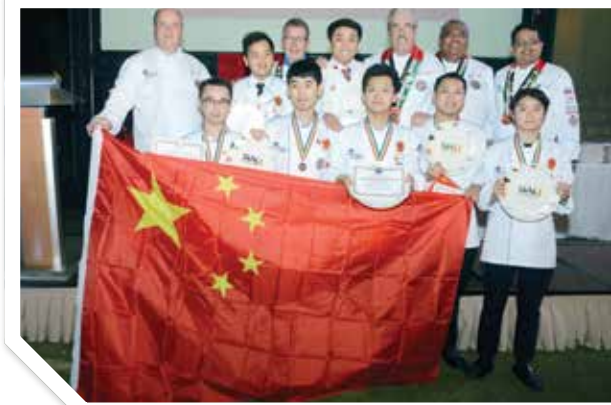


January 2017 **Gulf Gourmet**





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**Singapore - Winner of Alen Thong
Young Chefs Golden Coffee Pot trophy**



Hong Kong - 1st Runner-up



UAE - 2nd Runner-up



**Annelise van der Merwe of Namibia -
Most Promising Young Chef of 2016**



January 2017 **Gulf Gourmet**





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THE EMIRATES SALON CULINAIRE 2017

Briefs of the Classes for Entry

Resume Of Classes for Entry

Class No. - Class Description

- 01 Cake Decoration – Practical by Master Baker
- 02 Wedding Cake Three-Tier- by Pristine
- 03 Four Plates of Dessert - Nestlé Docello
- 04 Pastry Showpiece by Pristine
- 05 Bread Loaves and Showpiece by Master Baker
- 06 Petites Fours, Pralines by Master Baker
- 07 Chocolate Carving Showpiece by Seville
- 08 Fruit & Vegetable Carving Showpiece by Barakat Quality Plus
- 09 Open show Piece
- 10 Five-Course Gourmet Dinner Menu by Meat & Live Stock Australia
- 11 Four-Course Vegetarian Menu by US Dairy Export Council
- 12 Tapas, Finger Food and Canapés by US Dairy Export Council
- 13
- 14 An Arabian Feast by USAPEEC
- 15 Individual Ice Carving
- 16 Ice Carving Team Event
- 17 Practical Fruit & Vegetable Carving by Barakat Quality Plus
- 18 Dressed Lamb - Practical Butchery by Meat & Live Stock Australia
- 19 Arabic Mezzeh - Practical Cookery by Rahma
- 20 Fish & Seafood - Practical Cookery by MITRAS
- 21 Beef - Practical Cookery by Meat & Live Stock Australia
- 22 Emirati Cuisine – Practical Cookery
- 23 HUG Savoury Creations
- 24 HUG Sweet Creations

The following two classes (25 &

26) are for entry only by those competing for the Young Chef of the Year trophy.

- 25 Dressed Chicken & Dressed Fish
- 26 Ovo-Lacto Vegetarian Three-Course Menu
- 27 Chicken - Practical Cookery – by USAPEEC
- 28 4 plates Appetizer and Main Course Using Filo Paste by TONI KAISER
- 29 Practical Sandwiches by Unilever Food Solutions

Practical Pastry

Class 01: Cake Decoration – Practical by Master Baker

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.
3. The Theme for the cake decoration will be " Inspired by Dubai"
4. The cake base must be a maximum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating – ready to decorate.
6. The cake must be delivered and set up hygienically with cold box or dry ice storage. Not up to hygiene food product will not be judge.
7. All decorating ingredients must be edible and mixed on the spot. (Chocolate/Sugar/Marzipan/ Fondant) minimum height is 30cm, it should be able to enhance and harmonize with the overall presentation
8. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be pre-prepared to the basic level,
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.

11. A standard buffet table is provided for each competitor to work upon.
12. Water, electricity and refrigeration might not be available.
13. The cake will be tasted and cut by the Judges, as part of the judging criteria
14. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition

Pastry Displays

Class 02: Elegance Stylish Wedding Cake –Three Tier By Pristine

All decorations must be edible and made entirely by hand.

1. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
2. Fine, food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste.
3. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
4. The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
5. The cake will be tasted by the judges.
6. Inedible blanks may be used for the two top layers.
7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socle or platforms)



10. Pristine Belgium products are to be used the following products cake ingredients, specialized flour, toppings, fruit fillings and glazes shall be made available by the sponsor to those competitors registered. These will be mandatory to be used in the preparation of the wedding cake
11. Points will be deducted for non-compliance.

Class 03: Plated Dessert by Nestlé Docello

1. Prepare four different types desserts each for one person.
2. Displayed cold, each portion for one person, suitable for a la carte service.
 - a) *1 x Hot and Cold dessert composition*
 - b) *1 x Vegetarian without eggs and animal fat*
 - c) *1 x Arabic Dessert Free Style creation*
 - d) *1 x Dessert serve in glass*
3. Practical and up-to-date presentation is required.
4. Typewritten description and recipes are required.
5. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
6. Maximum area w90 cm x d75 cm
7. Showpieces are allowed but will not be judged.
8. One of the plates must use Nestlé Docello as the main ingredient.

Class 04: Pastry Showpiece by Pristine

1. To display a showpiece of either
 - (a) *Chocolate*
 - (b) *marzipan/sugar/pastillage*
 - (c) *dough/bread dough*
 - (d) *Asian dough figurine*
 No frames, moulds or wires are allowed. Points will be deducted for non-compliance.
2. Edible media may be used, singly or in mixed media. Sponsors products maybe available to be used. Information shall be

sent to competitors prior to the competition

3. Written description required.
4. Maximum area w90 x d75cm.
5. Maximum height 90cm (including base or socle).

Class 05: Baked Goods and Baked Bread Showpiece by Master Baker

The entire exhibit must comprise baked goods and must include the following:

1. A baked bread showpiece.
2. Three types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
3. Three types of bread roll 25-40grams (competitor's choice)) three pieces of each roll to be displayed.
4. Three types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
5. Three types of baked savoury breakfast items 25-50grams (competitor's choice) three pieces of each item to be displayed.
6. One extra piece of each variety to be displayed on a separate platter for judges' tasting. Tasting shall make up 30% of the marks
7. All breads & dough must be baked at own work place as fresh as possible and delivered to the competition venue for judging.
8. Poor hygiene standard of handling bakery products will not be judged.
9. Typewritten products description and recipes are required.
10. Maximum area w90 x d75cm
11. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition
12. The focus of this class is on the

quality and flavour of the bread rolls and loafes presented. The centre piece is judged however only 20% of the marks are attributed to the centre piece.

Class 06: Petites Four & Pralines by Master Baker

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 6-14grams)
3. Freestyle presentation and theme
4. Present the exhibit to include a small showpiece.
5. Showpieces should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten products description and recipes are required.
8. Maximum area w90 cm x d75 cm.
9. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition
10. Different Flavours ,textures and cooking techniques will be looked for in the items presented

Artistic Displays

Class 07: Chocolate Carving Showpiece by Seville

1. Free-style presentation.To be carved from a single block
2. Natural colouring and minimal glazing is allowed.
3. No frames, moulds or wires are allowed.
4. Points will be deducted for non-compliance.
5. Maximum area: w60 cm x d75 cm.
6. Maximum height 30-35cm (including base or socle).
7. Written description mentioning the theme is required



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Class 08: Fruit & Vegetable Carving Showpiece by Barakat Quality Plus

1. To bring in already prepared one display of fruit and / or vegetable carving, no visible supports are permitted
2. Freestyle presentation.
3. Light framing is allowed, but the construction of the piece must not depend upon it.
4. Maximum area w60 cm x d75 cm.
5. Maximum height 55 cm (including base or socle).

Class 09: Open Showpiece (Free Style Showpiece)

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wires support are allowed but must not be exposed.
4. Maximum area w90 cm x d75 cm.
5. Maximum height 75 cm. (including base or socle).
6. **Special note:** To enhance the overall level of competition and to aid competitors to demonstrate superior modeling skills, it is permitted to use, frames and supports .i.e.Styrofoam support must not pre-molded and simply sprayed, a round cylinder to form the base of a body is permitted, under no circumstances will pre-carved detailed Styrofoam of any other media be permitted. If the judging committee deems that the finishing has been aided by excessive moulding work it may not be judged.

Gastronomic Creations

Class 10: Five-Course Australian Lamb Gourmet Dinner Menu by Meat and Live Stock Australia

1. Present a plated five-course gourmet meal for one person
2. One of the appetisers for the

meal must contain Australian Lamb as the main ingredient. Proof of purchase needs to be brought to the Competition for all the Australian Lamb Products if proof of purchase is not brought then 50% of the judging marks shall be reduced

3. The meal to consist of:
 - > **A cold appetiser,**
 - > **A soup,**
 - > **A hot appetiser,**
 - > **A main course with its garnish**
 - > **A dessert.**
4. Hot food presented cold on appropriate plates
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 400-500 gms.
7. Typewritten description and typed recipes required
8. Maximum area w90 cm x d75 cm.

Class 11: Four-Course Vegetarian Menu by US Dairy export council

1. Present a plated four-course vegetarian meal for one person.
2. Suitable for dinner service
3. The meal consist of:
 - > **An appetizer**
 - > **A soup**
 - > **A main course**
 - > **A dessert**
4. To be prepared in advance and displayed cold on appropriate plates.
5. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
6. Ovo-Lacto products are allowed.
7. Two types of **US Dairy** cheese only must be used in the creation of the menu. Proof of purchase needs to be brought to the Competition for all the US Dairy Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
8. Total food weight of the four plates should be 500/600 gms.

9. Typewritten descriptions and recipes required.
10. Maximum area w75cm x d75cm.

Class 12: Presentation of Tapas, Finger Food and Canapés by US Dairy export council

1. Exhibit eight varieties. Weight Between 10-20 grams per piece
2. Six pieces of each variety (total 48 pieces)
3. Four hot varieties.
4. Four cold varieties.
5. Two types of US Dairy cheeses only must be used in the creation of these dishes. Proof of purchase needs to be brought to the Competition for all the US Dairy Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
6. Hot food presented cold
7. Food coated with aspic or clear gelatin for preservation
8. Presentation on suitable plate/s or platter/s or receptacles.
9. Eight pieces should correspond to one portion.
10. Name and ingredient list (typed) of each variety required.
11. Maximum area 60cm x 80 cm.

Class 14. An Arabian Feast by USAPEEC

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.
2. Suitable for 10 people.
3. Free-style presentation
4. The presentation to comprise the following dishes (both cold food and hot food presented cold).
5. Six cold mezzeh
6. Three hot mezzeh.
7. A whole Ouzi presented with rice and garnish
8. A US Poultry main course (Emirati Cuisine) US Turkey needs to be used for 1 of the Main Dishes . Proof of purchase needs to be brought to the



Competition for all the US Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced.

9. A fish main course (Emirati Cuisine)
10. A lamb main course
11. A vegetable dish
12. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate accompaniments.
13. One hot dessert (presented cold)
14. Three cold desserts.
15. Two of the above desserts (competitors choice) must be typically Emirati
16. Only the above dishes are to be presented, no other dishes are to be added.
17. Maximum available space for presentation is 180 cm x 75 cm.
18. Competitors must ensure their exhibit is presented neatly so as to fit the available space

Practical Artistic

Class 15: Individual Ice Carving

1. Freestyle.
2. 90 minutes duration.
3. Hand carved work from one large block of ice (provided by the organisers).
4. Competitors to use own hand-tools and gloves.
5. A non-slip mat is mandatory.
6. Before the competition starts, competitors will be allowed 30 minutes to arrange and temper the ice block.
7. The use of power tools is forbidden.

Class 16: Ice Carving Team Event

1. Freestyle.
2. Two persons per team
3. 120 minutes duration.
4. Hand-carved work from three large block of ice (provided by the organisers).
5. Competitors to use own hand-tools and gloves.

6. Non-slip mats are mandatory.
7. Great care must be taken with health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be dismantled and destroyed by the organizers.
8. The use of power tools is forbidden

Class 17: Practical Fruit & Vegetable Carving by Barakat Quality Plus

1. Freestyle.
2. 120 minutes duration.
3. Hand carved work from competitor's own fruit\ vegetables.
4. Competitors to use own hand-tools and equipment.
5. No power tools permitted.
6. Pre-cleaned, peeled material is allowed, but pre-sliced/carved will result in disqualification.
7. Each competitor will be supplied with a standard buffet table on which to work.

Class 18: Dressed Lamb - Practical Butchery by MEAT & LIVESTOCK AUSTRALIA

1. Prepare a whole, fresh, dressed lamb carcass into various ready-to-cook joints and pieces, some as required by the organisers, the others to competitor's choice. A training/ demonstration will be provided by MLA prior to Salon event
2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
3. Competitors must use the fridges provided to store their finished cuts prior to judging
4. Cuts/joints can be suitable for foodservice or suitable for a retail butchery display.
5. Organisers will supply the dressed lamb for this class.
6. Each competitor will have one banquet table (supplied by the organisers) on which to work.

7. No power tools permitted.
8. Competitors to supply their own:
 - > **Tools and knives**
 - > **Twine or netting**
 - > **RED cutting boards (this is a municipality requirement and will be strictly enforced)**
 - > **Garnishing**
 - > **Display trays**
 - > **Sundries**
9. Time allowed: two hours
10. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use.
11. Cuts required by the organisers are:
 - a) **Neck slices or Neck boned.**
 - b) **1 x shoulder, boned and rolled, tied or netted ready for roasting.**
 - c) **3 pieces shoulder chops.**
 - d) **Spare ribs.**
 - e) **1 x 8 rib Frenched rack.**
 - f) **Mid-loin chops from a short loin**
 - g) **1 x Eye of Loin.**
 - h) **1 x Tunnel-boned leg tied or netted for roasting.**
 - i) **1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.**

Notes on the Practical Cookery Classes - These notes pertain to all practical cookery classes. They must be read in combination with the brief of the class entered.

1. The preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.
2. Waste and over-production will be closely monitored.
3. There is a 5-point penalty deduction for wastage or over-production.
4. Timing is closely monitored.
5. There is a 2-point penalty deduction for each minute that the meal is overdue.
6. All food items must be brought



- to the Salon in hygienic, chilled containers: Thermo boxes or equivalent.
7. Failure to bring food items in a hygienic manner will result in disqualification.
 8. All dishes are to be served in a style equal to today's modern presentation trends.
 9. Portion sizes must correspond to a three-course restaurant meal.
 10. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
 11. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
 12. Competitors must bring with them all necessary mise-en-place prepared according to WORLDCHEFS guidelines in the hot kitchen discipline (www.worldchefs.org).
 13. Competitors are to provide their own pots, pans, tools and utensils.
 14. All brought appliances and utensils will be checked for suitability. The use of any additional equipment must receive prior approval before the competition from the organizers.
 15. The following types of pre-preparation can be made for the practical classes:

EXPLANATION (what foods are permitted to be brought into the kitchen)

- a) *Salads – cleaned, washed, not mixed or cut.*
- b) *Vegetables – cleaned, peeled, washed, not cut, must be raw.*
- c) *Fish may be scaled and filleted and the bones cut up.*
- d) *Meat may be de-boned and the bones cut up*

- e) *Stocks – basic stock, not reduced, not seasoned, no additional items (garlic, etc.). Hot and cold samples must be available for the judges.*
 - f) *Pastry sponge, biscuit, meringue, basic dough's – can be brought in but not cut.*
 - g) *Basic pastry recipes can be brought in weighed out but no further processing.*
 - h) *Fruit pulps – fruit purees may be brought in but not as a finished sauce.*
 - i) *Decor elements – 100% must be made in the kitchen.*
16. No pre-cooking, poaching etc. is allowed.
 17. No ready-made products are allowed.
 18. No pork products are allowed.
 19. No alcohol is allowed.
 20. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
 21. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
 22. Two copies of the recipes - typewritten - are always required.
 23. Submit one copy of the recipe/s to the clerk when registering.
 24. Submit one copy of the recipe to the duty marshal at the cooking station.

Practical Cookery Class 19. Mezzeh – Practical Cookery by Rahma Olive Oil

1. Time allowed: 60 Minutes
2. Prepare and present for four persons: Three types of hot

mezzeh and three types of cold mezzeh.

3. Only one (if any) of the following types of mezzeh may be displayed: humus, tabouleh, babaganough, fatouche, moutabel.
4. The mezzeh can be representative of any of the following countries:
 - > **Lebanon**
 - > **Syria**
 - > **Jordan**
 - > **Morocco**
 - > **Egypt**
 - > **Tunisia**
5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
6. Rahma olive oil must be the only olive oil used in the creation of these dishes and will be available in the competition venue
7. Present the mezzeh in four equal portions.
8. Two portions will be presented and two portions will be presented to the judges.
9. Typewritten recipes are required.

Class 20: Fish & Seafood - Practical Cookery by MITRAS

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using Sponsor Supplied Asian Sea Bass fillets as the main protein item of the dish and no other fish can be used.
3. The Fish will be provided to the competitors at the venue on the competition day and is the only protein item allowed to be used
4. Weight of fish per portion on the plate to be 150grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.



6. Typewritten recipes are required.

Class 21: Beef - Practical Cookery by Meat and Live Stock Australia

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using Australian Beef as the main protein item. Proof of purchase needs to be brought to the Competition for all the Australian Meat Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
3. Any cut of beef with the exception of tenderloin, rib eye and sirloin, can be used.
4. Weight of beef per portion on the plate to be 150grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.

Class 22: Emirati Cuisine - Practical Cookery

1. This class is designed to ensure that the tradition of Emirati Cuisine is preserved and promoted through professional chefs. Prepare and present two plated portions each of three Emirati dishes according with the following criteria:
2. Prepare and present two plated portions of any one of the following dishes:
 - > *Balalit*
 - > *Kabeesa*
 - > *Assedat Bobal*
3. Also prepare and present two plated portions each of any two of the following dishes:
 - > *Margougat Al Khudar*
 - > *Thareed Laham*
 - > *Margougat Al Dijaj*
 - > *Maleh Biryani*
 - > *Samak Mashwi*
 - > *Machboos Samak*
4. Emirati cuisine with traditional presentation and serving as would

be found in a family home of the United Arab Emirates.

5. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
6. The judges will check appliances and utensils for suitability
7. Typewritten description and recipes are required
8. Time allowed 60 minutes to present all three recipes

Class 23: HUG AG – Savoury Creations

1. This is a static class featuring savoury HUG pastry shells suitable for dinner service.
2. Only savoury HUG pastry shells are to be used.
3. Pastry shells will be supplied by ARAMTEC.
4. Present four different plates, using two savoury HUG shells per plate (i.e. exhibit eight shells in total).
5. To be prepared in advance and displayed cold on appropriate plates and appropriate garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.
6. Typewritten description and recipes required.
7. Maximum space available: 75cm x 75cm.

Class 24: HUG AG – Sweet Creations

1. This is a static class featuring dessert HUG pastry shells suitable for dinner service.
2. Only dessert HUG pastry shells are to be used.
3. Pastry shells will be supplied by ARAMTEC.
4. Present four different plates, using two dessert HUG shells per plate (i.e. exhibit eight shells in total).
5. To be prepared in advance and displayed cold on appropriate plates and appropriate garnishes

to represent a dish suitable for dinner service in a restaurant ala carte style.

6. Typewritten description and recipes required.
7. Maximum space available: 75 cm x 75 cm.

YOUNG CHEF OF THE YEAR ENTRIES

Entrants for The Young Chef of the Year trophy must enter the following classes and no others. In addition to classes **25 & 26** here below competitors must also enter for class 22 Emirati Cuisine Practical Cookery.

Class 25: Dressed Chicken – Dressed Fish - Supplementary Class

1. Practical Butchery Fish and Chicken Class for Young Chef of the Year Trophy.
2. Competitors are to supply their own whole fish and whole chicken **MUST BE USED**, all utensils and chopping boards.

Time allowed 1 hour in 30 minute sections as below:

Chicken

3. Time allowed 20 minutes
4. Take a whole fresh chicken and prepare from it the following:
 5. One breast skinless.
 6. One breast skin-on.
 7. One whole leg, skin-on, and tunnel-boned, ready for making a ballotine.
 8. One thigh boneless.
 9. One drumstick.
 10. Two wings prepared for pan frying/grilling.
 11. Carcass prepared for stock.

After 20 minutes

12. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.

Fish

13. Time allowed 20 minutes.
14. Take a whole fresh Sherry or other sustainable fish species of the Arabian Gulf waters.



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15. No imported type of fish is to be used.

16. Gut, clean and fillet the fish.

17. One fillet with skin on.

18. One fillet skinless.

19. Cut each fillet into as many 140gr size servings as possible.

After 20 minutes -10 minutes to

20. Explain to the judges the usage of any left overs.

21. Explain to the judges the method of preparation of a classical fish stock

Competitors will be marked on knife skills, clean bone work, meat left on carcass, wastage, basic knowledge of questions asked about the preparations of stocks.

Class 26: Ovo-Lacto Vegetarian Three-Course Menu

1. Present a plated three-course vegetarian ovo-lacto meal for one person.
2. Suitable for dinner service
3. The meal to consist of:
 - a. An appetizer
 - b. A main course
 - c. A dessert
4. To be prepared in advance and displayed cold on appropriate plates.
5. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
6. Total food weight of the four plates should be 500/600 gms.
7. Typewritten descriptions and recipes required.
8. Maximum area w75cm x d75cm.

Class 27: Chicken - Practical Cookery by USAPEEC

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using USAPEEC Chicken Quarters as the main protein item. Proof of purchase needs to be brought to the Competition for all the USA Poultry Products if proof of purchase is not brought then

50% of the judging marks shall be reduced

3. The carcass of the chicken is to be kept for inspection by judges
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required
6. Weight of chicken per portion on the plate to be 150 grams

Class 28: 4 plates Appetizer and Main course using Filo Pastry by TONI KAISER

1. Present 2 different starters and 2 different Main Course total of 4 plates
2. Dishes to be suitable for a 3 Course Lunch Menu
3. Hot food presented Cold on Suitable plates or dishes coated with aspic
4. All dishes must contain Toni Kaiser Strudel Dough – filo as a key ingredient
5. Strudel Dough – Filo will be supplied by the organizer
6. Typewritten description and typed recipes are required.
7. Maximum area is 90cm by 75cm.

Class 29: Practical Cookery 2 Different sandwiches by Unilever Food Solutions

1. To prepare and present 2 different sandwiches, 2 portions of each one for judges one for display within 30 minutes
2. 1 vegetarian – 1 non vegetarian
3. Unilever products will be supplied on common table Hellman's Real Mayonnaise, Coleman's English Mustard Colman's Dijon and whole grain mustard
4. Minimum of 3 Unilever Products, must be used in the preparation of both sandwiches
5. The sandwich must be suitable for a light lunch
6. The sandwich can be hot or cold
7. 1 power point will be available
8. Plates, equipment and all other

ingredients must be brought by the competitors

9. Type written recipes are required.

ADDENDUM VENUE & ENTRY FEES

1. The Emirates Salon Culinaire will be held during the Gulf Food Hotel and Equipment Exhibition from February 26th to March 2nd 2017
2. The venue is at the Dubai International Convention & Exhibition Centre
3. The entrance fee for single entries is Dhs.100 (AED. One Hundred) per person per class, unless otherwise stated in the Rules and Regulations or the Class Briefs.
4. The fee for entry to the trophy classes is as follows
 - i. **Best Cuisinier - The Emirates Salon Culinaire - Dubai 2017**
AED:500/- per person
 - ii. **Best Pastry Chef - The Emirates Salon Culinaire- Dubai 2017**
AED:400/- per person
 - iii. **Best Artist - The Emirates Salon Culinaire- Dubai 2017**
AED:500/- per person
 - iv. **Best Arab National - The Emirates Salon Culinaire- Dubai 2017** AED:300/- per person
 - v. **Young Chef of the Year - The Emirates Salon Culinaire Dubai 2017** AED: 500/- per person

CLOSING DATE:

5. Closing date for entries is January 28th 2017 However, many are often fully subscribed and closed well before the closing date.

TROPHY ENTRY

Entrants to a trophy class must enter and finish in all and only those classes that pertain to the trophy for which they are entering. No other classes may be entered into by a trophy entrant.



Trophies are awarded on the highest aggregate points from all three classes.

The required classes are:

BEST CUISINIER:

- i. Class #10. Five-Course Dinner Menu
- ii. Class # 21. Beef Practical Cookery
- i. Class # 20. Fish & Seafood Practical Cookery

In order to qualify for inclusion in the points tally for Best Cuisinier Trophy a competitor must win three medals, at least one of which must be a gold medal.

BEST PASTRY CHEF:

- i. Class # 01. Practical Cake Decoration
- ii. Class # 03. Four Plates of Dessert
- iii. Class # 06. Friandises, Petites Four

In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy a competitor must win at least two medals one of which must be a gold medal.

BEST ARTIST:

- i. Class # 07. Chocolate Showpiece
- ii. Class # 09. Open Showpiece
- iii. Class # 15. Individual Ice Carving
- iv. Class # 17. Practical Fruit & Vegetable Carving

In order to qualify for inclusion in the points tally for Best Artist Trophy a competitor must win at least three medals one of which must be a gold medal.

BEST ARAB NATIONAL

- i. Class # 14. An Arabian Feast
- ii. Class # 19. Arabic Mezzeh - Practical Cookery
- iii. Class 22: Emirati Cuisine - Practical Cookery
- iv. In order to qualify for inclusion in the points tally

for Best Arab National Trophy a competitor must win at least one medal.

YOUNG CHEF OF THE YEAR See Classes for Entry Document.

JUDGING AND THE AWARDS SYSTEM

A team of WorldChefs (The World Association of Chefs Societies) approved international Judges will adjudicate at all classes of the competition: using Worldchefs-approved methods, criteria and documents www.worldchefs.org After each judging session, the judges will hold a debriefing session at which each competitor attending may learn something of the thinking behind the judges' decision. Competitors will not be competing against each other: rather, they will be striving to reach the best possible standard. The judges will then apportion marks that accord with their perception of the standard reached. The competitor will then receive an award commensurate with his/her points tally for the class. In theory, therefore, everyone in a particular class could be awarded a gold medal. Conversely, it could be possible that no awards at all are made..

The scaling for awards in all classes is as follows

- > Points
- > 100 - Gold Medal with Distinction with Certificate.
- > 99 – 90 - Gold Medal with Certificate.
- > 89 – 80 - Silver Medal with Certificate.
- > 79 – 70 - Bronze Medal with Certificate
- > 60 – 69 - Certificate of Merit
- > Thereafter - Certificate of Participation

Corporate and Establishment Trophies

The corporate and establishment trophies available are:

Best Effort by an Individual Establishment – The Emirates Salon Culinaire

This trophy is awarded to the establishment whose competitors gain the highest total combined points from the medals won from all of their entries.

Best Effort by a Corporation – The Emirates Salon Culinaire

This trophy is awarded to the corporation whose competitors gain the highest total combined points from the medals won from all of their entries.

Point Value of each Medal Won

- > Gold Medal with Distinction - 6 Points
- > Gold Medal - 5 Points
- > Silver Medal - 3 Points
- > Bronze Medal - 1 Point

Winners where a sponsored trip is awarded are restricted to winning the trip once per life time. In a case where the overall winner has participated in a sponsored trip previously the trip shall be awarded to the 2nd place winner

US\$ 3 billion

what's your GCC market share?

The UAE alone has over 750 hotels.
Each hotel has an Executive Chef.
Each Executive Chef has an annual budget.
It ranges from AED 1 million - US\$ 3 million.

There are over 7,000 independent restaurants in the UAE.

Each restaurant has a Head Chef.
Each Head Chef has an annual budget.
It ranges from AED 100,000 - US\$ 1 million.

Now you do the maths.

The largest body that speaks for this group of Chefs is The Emirates Culinary Guild (ECG).

ECG organises Salon Culinare at Gulfood Dubai, La Cuisine by SIAL in Abu Dhabi and world-record breaking food events in the city.

Gulf Gourmet is the only magazine endorsed by the ECG.

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REACH

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ABOUT GULF GOURMET

- ▶ Most widely read magazine by Chefs & Decision Makers in the GCC
- ▶ Officially supported by the Emirates Culinary Guild
- ▶ Highest circulation in its category at 6,150 copies per month
- ▶ Readership estimates of nearly 11,276 per month
- ▶ Positively influencing the UAE food industry since 2006
- ▶ Recognised by the World Association of Chefs Societies
- ▶ Circulated at top regional and international culinary events

WHO READS IT?

▶ Executive Chefs	23%
▶ Senior & Mid-Level Chefs	36%
▶ Hotel GMs	10%
▶ Restaurant Owners	15%
▶ C-Level Executives	2%
▶ Purchase Managers	7%
▶ Food Industry Leaders	4%
▶ Marketing / PR Managers	1%
▶ Others	2%

REACH BY COUNTRY

▶ United Arab Emirates	71%
▶ Kingdom of Saudi Arabia	18%
▶ Oman	2%
▶ Qatar	4%
▶ Kuwait	1%
▶ Bahrain	2%
▶ United Kingdom	1%
▶ Others	1%

MARKET SEGMENTATION

▶ 5-star Hotels	46%
▶ 3/4-star Hotels	19%
▶ Independent Restaurants (Elite)	18%
▶ Independent Restaurants (Standard)	12%
▶ Food Industry Suppliers	3%
▶ Large & Medium Food Retailers	2%

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ECG Corporate Member directory

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Winterhalter ME

Saju Abraham, Sales Manager
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Email: sabraham@winterhalter.ae



Application Membership

Date of Application:

Family Name: (Mr./Ms./Mrs.)		
First Name/s:		
Nationality:	Civil Status:	Date of Birth: dd/mm/yy
Name of Employer:	Address in Home Country:	
Work Address:	Tel:	
Web Address:	Email:	
Telephone Office:	Professional Title:	
Fax Office:	Type of Membership Required: (Please tick one)	
Tel. Home:	Corporate <input type="checkbox"/> Senior Renewal <input type="checkbox"/>	
Fax Home:	Senior <input type="checkbox"/> Junior <input type="checkbox"/>	
Email:		

Declaration to be Signed by all Applicants

I wish to join the Emirates Culinary Guild. I have read the ECG Constitution and By-laws. I agree to be bound by the requirements of the constitution. If elected, I promise to support the Guild and its endeavors, to the best of my abilities.

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

FOR OFFICIAL USE ONLY

Remarks:

Payment received?

Certificate Given.

Pin Given.

Medal & Collar Given

Approved

Approved

President.....

Chairman.....

Fees:

Young Member: Junior members will receive a certificate.

Senior Members: Above the rank of chef de partie (or senior chef de partie on executive chef's recommendation).

Dhs.350/=joining. Includes certificate; member-pin, member medal and ECG ceremonial collar. Dhs.

150/=per year thereafter.

Affiliate Member: Dhs.350.00 for the first year. Dhs.300 per year thereafter.

Corporate Member Dhs. 20,000 per year

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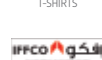
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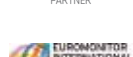
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